





APRIL 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center) 11:30 am – LUNCH: Roast Pork	2 9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion) 10:00–11:30 am : Free BLOOD PRESSURE SCREENING	3 9:00 --11:00 am: “CELEBRATION” WORKOUT (Class is at the Senior Center)
		12:15 pm – COUNCIL REPORT –Councilmember George Lob	11:30 am – LUNCH: Bistec en Cazuela	11:30 am – LUNCH: Tuna Salad & Soup
		12:45 pm – ART CLASS (Class is at the Senior Center)	12:30 pm – TAI CHI (Class is at the Community Center) 12:45 pm–Grocery Shopping	
6 9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center) 11:30 am – LUNCH: Stuffed Cabbage 12:15 pm – BINGO 12:45 pm– DRUMMING CLASS (Class is at the Senior Center)	 MIAMI SPRINGS ELECTION 7 9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion) 11:30 am – LUNCH: Herbed Chicken 12:15 pm – MS/VG Senior Citizens’ Club Meeting 12:30 pm – TAI CHI (Class is at the Community Center) 1:00-4:00 pm: INCOME TAX PREPARATION ASSISTANCE	8 9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center) 11:30 am – LUNCH: Shredded Pork Sandwich 12:15 pm – LEGISLATIVE UPDATE –Silvia Castellanos, District Secretary to Representative Bryan Avila 12:45 pm – ART CLASS (Class is at the Senior Center)	9 9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion) 11:30 am – LUNCH: Roast Turkey 12:15 pm – “NUTRITION at ANY AGE” –Jacquelyn Gibson, MS UF/M-D Extension Service 12:30 pm – TAI CHI (Class is at the Community Center) 12:45 pm–Grocery Shopping	10 9:00 --11:00 am: “CELEBRATION” WORKOUT (Class is at the Senior Center) 11:30 am – LUNCH: Breaded Fish Wedge Raffle Items on Display
13 9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center) 11:30 am – LUNCH: BBQ Brisket of Beef 12:15 pm – BINGO 12:45 pm– DRUMMING CLASS (Class is at the Senior Center)	14 9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion) 11:30 am – LUNCH: Arroz con Pollo 12:05 pm – CRIME WATCH PROGRAM MSPD Community Policing Office 12:30 pm – TAI CHI (Class is at the Community Center)	15 9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center) 11:30 am – LUNCH: BBQ Pulled Pork 12:15 pm – “LIVING with LOW VISION” –Raquel Van Der Beist, Miami Lighthouse for the Blind 12:45 pm – ART CLASS (Class is at the Senior Center)	16 9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion) 11:30 am – LUNCH: Meatloaf  12:00 pm - BIRTHDAY & ANNIVERSARY PARTY 12:30 pm – TAI CHI (Class is at the Community Center) 12:45 pm–Grocery Shopping	17 9:00 --11:00 am: “CELEBRATION” WORKOUT (Class is at the Senior Center) 11:30 am – LUNCH: Vegetarian Lasagna Raffle Items Awarded
20 9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center) 11:30 am – LUNCH: Baked Ham 12:15 pm – BINGO 12:45 pm– DRUMMING CLASS (Class is at the Senior Center)	21 9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion) 10:00–1:30 pm : ORAL, HEAD & NECK CANCER SCREENING 11:30 am – LUNCH: Ropa Vieja 12:15 pm – “ORAL, HEAD and NECK CANCER PREVENTION” –Mt. Sinai Medical Center 12:30 pm – TAI CHI	22 9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center) 11:30 am – LUNCH: Roast Turkey 12:15 pm – “MAIL FRAUD SCHEMES” –Otto Fernandez, US Postal Insp. 12:45 pm – ART CLASS (Class is at the Senior Center)	23 9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion) 11:30 am – LUNCH: Chicken Cacciatore 12:30 pm – TAI CHI (Class is at the Community Center) 12:45 pm–Grocery Shopping	24 9:00 --11:00 am: “CELEBRATION” WORKOUT (Class is at the Senior Center) 11:30 am – LUNCH: Egg Salad & Soup 1:15 pm – FIELD TRIP: WAL-MART \$.50/person (16 may go)
27 9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center) 11:30 am – LUNCH: Picadillo 12:15 pm – BINGO 12:45 pm– DRUMMING CLASS (Class is at the Senior Center)	28 9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion) 10:30 am —12:00 pm:  11:30 am – LUNCH: BBQ Chicken 12:30 pm – TAI CHI (Class is at the Community Center)	29 9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center) 11:30 am – LUNCH: Roast Pork 12:15 pm – “IDENTITY THEFT” –Emir Hernandez, Victim Services Program Specialist, Ofc. of the Attorney General 12:45 pm – ART CLASS (Class is at the Senior Center)	30 9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion) 11:30 am – LUNCH: Bistec en Cazuela 12:30 pm – TAI CHI (Class is at the Community Center) 12:45 pm–Grocery Shopping	Call us for more information!  (305) 805-5160